

Gobble Up Burgers

Makes: 16 or 64 servings

Ingredients	16 Servings		64 Servings	
	Weight	Measure	Weight	Measure
Turkey, ground	2 lbs		8 lbs	
Ketchup		2 Tbsp		1/2 cup
Black pepper		1-1/2 tsp		6 tsp
Black beans		1 cup		4 cups
Whole wheat hamburger rolls		8		32
Cooking spray		as needed		as needed

Directions

1. Mix ground turkey, ketchup and pepper together in large bowl.
2. Form mixture into palm-size patties.
3. Spray skillet with cooking spray.
4. Cook patties on medium-high skillet until brown on both sides, about 10 minutes total.

Notes

Serving Tips:

Add vegetables to this dish by putting tomatoes, lettuce and onions into the ground turkey mix or on top of the burgers.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	185	
Total Fat	5 g	
Protein	15 g	
Carbohydrates	20 g	
Dietary Fiber	3 g	
Saturated Fat	1 g	
Sodium	225 mg	